



City of  
Litchfield  
Park



# Shop The Park

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*Shop & Dine Local for the Holidays*

## Litchfield Park CrossFit Strengthens Downtown

### *A Modern Facility in a Vintage Box*

Aaron and Stephanie Rogers opened Litchfield Park CrossFit on November 2<sup>nd</sup>. Both Aaron and Stephanie grew up in the West Valley and attended Westview High School. Aaron had been a high school and college athlete in baseball and soccer, and later a Golden Gloves boxer and triathlete. He missed the intense passion and drive of competitive sports. Stephanie was a new mom looking to shape up when a friend invited her to a crossfit class. That was 6 years ago. Currently they have two children.

Litchfield CrossFit is all about building community. That is the nature of crossfit. You can't hide in the corner. A session is a shared experience with others in the class. There is also a competitive element where achievements are posted for others to see. Most crossfits are known for birthday parties and socializing after class. Loud music is also part of the culture with a mix of hip hop, pop and rock. The priorities at Litchfield CrossFit are family, fun and sweat.



*LP CrossFit Owners Aaron & Stephanie Rogers*

Aaron and Stephanie say that Litchfield Park is the perfect location for their business. That location, in downtown Litchfield Park between Blue Sushi and the brewery on Honeysuckle, is a restored building that was once a golf cart maintenance shop. The building is spacious and historic with exposed brick and high beamed ceilings. They spent about 5 months rehabbing the property.

First time at Litchfield Park CrossFit includes attending a one hour "fitness" class. With this you start building leg strength and cardio capacity. All sessions start with stretching and warm-up, and a short aerobic element, like a 10 minute run. The heart of the session is called the WOD, workout of the day. WODs vary from tire pulls to tossing medicine balls against the wall, aka "death by wall ball". Dumbbells, kettle bells and pull-ups are also used. There is often a time clock and a relatively high intensity of movement.

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After the fitness level, members move on to “barbell” classes for overall strength building. Each day is different. Members in each session vary widely in ability. Aaron, who teaches most classes says, “I look for progress not perfection”. With their lifting classes, form is more important than weight.

Litchfield Park CrossFit is great for preschool moms; there is daycare for a small fee during most sessions. Classes start at 5:30 AM and run until mid-morning, then start again at 3:30 PM. They are closed on Thursday and Sunday. Memberships are monthly with no contract.

If you have an interest, try them out. There are free first timer classes on Saturdays at 8:00 AM. For more information go to [lpcfit.com](http://lpcfit.com).

## SHOP, DINE AND WORSHIP IN LITCHFIELD PARK

by Darryl H. Crossman, City Manager

**D**id you know that when you shop and dine in your hometown of Litchfield Park, a portion of the sales tax you pay provides revenue to the City of Litchfield Park for expenses of municipal services such as: park maintenance, road maintenance, Recreation Center activities, recreation programs, police contract, code compliance, and other operational needs? Did you know that, presently, there is only one grocery store located in the City of Litchfield Park? If you guessed Albertsons, you are correct! However, in summer 2016, the City will be welcoming Fry’s Marketplace to be located on the corner of Camelback and Litchfield Roads.

**S**ince our community is much smaller than others in the Valley, and does not have a local property tax, sales tax revenue has a great impact on our City budget. I realize that our City does not offer shopping and dining to meet all needs, but I would encourage you to help keep your tax dollars at home by shopping and dining in Litchfield Park whenever possible. Keep in mind the sales tax you pay in Litchfield Park stays in Litchfield Park to help pay for City services. Help us keep Litchfield Park sales tax in our own community.

<b>Grocery</b>	Albertsons	623.535.7991
<b>Fuel Station</b>	Valero Corner Store	623.535.6611
<b>Pharmacies</b>	CVS/Pharmacy	623.547.4799
	Osco Pharmacy (in Albertsons)	623.535.7153

### Worship

Vastago Epicentro 447 S. Old Litchfield Road	623.398.7937	The Church at Litchfield Park 300 N. Old Litchfield Road	623.935.3411
St. Peter’s Episcopal Church 400 S. Old Litchfield Road	623.935.3279	The Church of Jesus Christ of Latter-Day Saints 301 W. Wigwam Boulevard	623.536.3463

### DOWNTOWN Wigwam Boulevard & Old Litchfield Road

#### Dining

Blu Sushi	623.935.9730
Litchfield’s *	623.935.3811
Old Pueblo Café	623.935.5059
Park Café	623.535.6661
Red’s Bar & Grill *	623.856.1094
The Lazy Palm Sports Grill	623.518.6388
The Litchfield Taproom	623.536.4804

\* Located at the Wigwam



#### Service Providers

Charity Realty	623.536.5010
Cross Fit	623.695.6449
Edward Jones Investments	623.935.3138
Elizabeth Arden Red Door Spa *	623.535.4967
Ellsworth & Warren Family Dentistry	623.935.9376
Fringe Salon	623.935.0505
Haircutters in the Park	623.935.9505
Henry’s Barber Shop	623.935.7467
KM Advisory Group	623.935.5101
Morrisette Martial Arts	623.935.0400
Smith Law Offices	623.935.2870
Tri West Realty	623.536.9378
Wigwam Resort	623.935.3811
Wigwam Golf	623.935.9414



## PLAZA IN THE PARK

### Litchfield & Camelback

#### Dining

Ground Control	623.535.9066
La Loma Mexican Grille	623.935.0981



#### Service Providers

Allstate Insurance	623.486.1828
Banner Health Clinic	623.474.8370
Bradley Chiropractic Center	623.547.0922
CVS /Pharmacy	623.547.4799
Edward Jones Investments	623.935.3959
Fit Body Boot Camp	623.536.2537
Glamor Nails & Spa	623.536.3330
Goldilocks Children Indoor Playland	602.446.5934
Litchfield Center for Restorative Dentistry	623.935.5055
Litchfield Park Pool Service & Supply	623.935.5121
Little Sunbeams Preschool	623.935.0422
Moody's Smoke Shop	623.535.1010
NR Chiropractic	623.512.8568
Salon Glow	623.536.6288
Real Aztate	623.223.1663
Wee Care Corporation	623.935.6040
Wright Orthodontics	623.547.2020

## WIGWAM CREEK SHOPPING CENTER

### Indian School and Dysart

#### Dining

China Red Café	623.535.7599
Famous Johnny B's Pizzeria	623.535.5232
KFC	623.535.5528
McDonald's	623.935.7710
Señor Taco	623.935.0343
Subway	623.536.9401

#### ... and Dessert

Baskin Robbins	623.535.4488
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#### Service Providers

Albertsons	623.535.7991
Anytime Fitness	623-935-2737
Compass Bank	623.547.2440
Cowtown Skateboards	623-536-2345
Embassy Tanning	623.935.0021
Fantastic Sams	623.535.3989
Goodyear Tire & Auto Service Center	623.536.0613
Hacienda Del Rey	623.498.8682
Lavender's Day Spa	623.547.0204
Leslie's Swimming Pool Supplies	623.547.3807
O'Reilly Auto Parts	623.536.0490
Oscos Pharmacy (Albertsons)	623.535.7153
Sun West Nails	623.547.3844
US Bank (Albertsons)	623.536.2407
Valero Corner Store & Fuel Station	623.535.7991
Wigwam Creek Dental Care	623.547.0010



**LA LOMA MEDICAL PLAZA**  
**LA LOMA VILLAGE – SENIOR LIVING COMMUNITY**  
 Camelback & Litchfield Roads



### **Health & Well-being Providers**

Academic Urology &  
 Urogynecology of Arizona 623.547.2600  
 La Loma Internal  
 Medicine & Pediatrics 623.975.8400  
 Lab Corp 623.536.7477  
 Litchfield Dental Care 623.547.0307  
 Pinnacle Family Medicine 623.935.9600  
 Roschamboe Medical Office 623.535.5488

### **La Loma Village**

La Loma Health Care Center 623.537.7400  
 La Loma Community 623.537.7500

